

spring  
SOCIAL PRESCRIBING  
IN NORTHAMPTONSHIRE

COME AS YOU ARE  
LET'S TALK...



Sometimes our **health and well being** isn't where we would like it to be and that's ok.

But if you would like to work with a **PTS coach** to **take back control**, to make sure **you are listened to** and overcome the barriers that stand between you and the future you want, we'd love to support you.



MAYDAY  
TRUST

To find out more get in touch  
[hello@springnorthamptonshire.org](mailto:hello@springnorthamptonshire.org)

[www.maydaytrust.org.uk](http://www.maydaytrust.org.uk)

Northamptonshire  
Health and Care Partnership



Public Health  
Northamptonshire



BRIDGES  
OUTCOMES  
PARTNERSHIPS